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# Bangalore Mirror

TEMP Max 27 | Min 12 | Humidity 40% Clear with periodic clouds Sensex 60,092 | Nifty 17,894 | Gold 56,500 | Silver 69,452 | Dollar 81.68 | Euro 88.35 | GBP 99.65

## Construction of reverse osmosis plant at children's playground in Halasuru denies kids entry to popular BBMP facility

# GROUND CONTROL

### Playground along Halasuru Cross Road is popularly known as Aane Aatadha Maidhaana

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Construction is on to set up a reverse osmosis (RO) plant at BBMP-run children's playground situated at Halasuru ward in Shivajinagar assembly constituency.

The development makes it obvious that there is no coordination among the departments of the Bruhat Bengaluru Mahanagara Palike (BBMP) as BM has been stressing in its most recent stories.

The children's playground, situated along Halasuru Cross Road, is popularly known as Aane Aatadha Maidhaana. It has been a favourite destination for children from surrounding areas till the covid-19 pandemic. The BBMP has spent money to install children's play equipment here. The park has a huge elephant slide which serves two purposes – merriment and awareness for children.

CONTINUED ON PAGE 6 »

**"We do not know who has taken up construction work as there is no board displaying details of construction, agency involved and cost** — BR Chandran, resident, Halasuru

## 'Cab raids on rise'

### Cabbies in city being harassed, robbed by customers, drivers say

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The cases of cabbies being harassed and robbed by customers has seen a sudden rise in the city, according to taxi drivers. The taxi drivers BM spoke to said that even after repeated complaints to the police, the department has not been able to help them.

Recently, the Madanayakanahalli police arrested a gang that booked a car through an app, threatened the driver with a weapon, robbed the car, money and mobile phone from the driver.

The incident took place on December 6, 2022, when the accused booked a car from Yeshwantpur to Bengaluru International Exhibition Centre ground — later the gang threatened the driver with a knife and fled with the car.

Similarly, on the night of December 14, a person booked a Maruti Swift through an app at MG Road, rode to Tumkur Road, and thereafter tied a rope around the driver's neck. In this case, the miscreant escaped with the car.

"We are seeing a sudden increase in robbery cases related to cab drivers in Bengaluru. We have filed several complaints with the police; we even spoke to the commissioner but nothing much has been done. The problem is even if the accused

CONTINUED ON PAGE 6 »

## 3 THINGS TO DO

### 01 Sound without body

"Ashareerava ni - Sound without body", an Indo-Japanese co-production between the Japan Foundation New Delhi and Attakkalari Centre for Movement Arts, Bengaluru, will be premiere at the Bangalore International Centre. This triple bill dance performance will feature award winning choreographers and dancers Ryu Suzuki from Dance Base Yokohama (Japan) and Hemabharathy Palani from Attakkalari Centre for Movement Arts, Bengaluru.
**Where: Bangalore International Centre**
**When: January 17, 7.30 PM**
**Tickets: bookmyshow.com**

### 02 Paint party

Get ready to spray your way to a perfect Saturday! Join Left - @left.hander/ on Instagram - for an epic Graffiti Painting Workshop. You'll get to learn everything you need to get started, from what graffiti is, to the tools you need to paint like a pro. You'll learn the art of lettering using spray paint, try your hand at spraying a huge canvas with the rest of the gang, and you'll walk away with a canvas of your own!
**Where: Koramangala SOCIAL**
**When: Jan 21, 12 pm - 2pm**
**Tickets: insider.in**

### 03 Epic tales

Few stories in the world are as intriguing as the Mahabharata, with its numerous plots and sub-plots and characters having strengths and flaws in equal measure. 'Stories from the Mahabharata' is an endeavour by Aparna Jaishankar to recreate an interest in this epic.
**Where: Lahe Lahe**
**When: Jan 22, 5-6 pm**
**Tickets: 9886294444**

# Students, skill courses will get you that job

## Engineering students say to get that perfect placement package, certificate courses are key

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Many of these courses are taught online, and students can sign up while studying

Engineering students today are arming themselves with certificate skill courses in order to 'upskill' and get better placement packages.

Experts say that soft skills and certificate courses can help students become more rounded individuals and employees, which would attract more placement opportunities.

Prof K Balaveera Reddy, the former vice chancellor of Visvesvaraya Technological University (VTU), told Bangalore Mirror, "There are two types of courses, one can be related to their core program. For example, a student of mechanical engineering might want to take up a certificate course related to his own course, that will enhance their knowledge and specialisation. The second ones are soft skills like communication skills, management skills, and organisational skills courses. There are hundreds of such skills that can help students enhance their placement opportunities.

"These are 21st century skills and have become of great importance in recent years. These include critical thinking, problem-solving, reasoning, analysis, communication, public speaking, and many more. As per the National Education Policy (NEP), a student need not stick to a program and they can do so by upskilling and reskilling using these courses. Moreover, it is preferred these days in the industry that the employees have interdisciplinary skills. For example, an electrical student with a basic knowledge of computer science would be preferred by the companies," he further explained.

> **"Industries today also prefer having employees with interdisciplinary skills**
> –Prof K Balaveera Reddy, the former vice chancellor of Visvesvaraya Technological University

All across colleges and universities in Bengaluru also, they have started to introduce shorter courses for upskilling purposes for example: machine learning, artificial intelligence, and data analytics as well as language courses.

However, most students take up these certificate courses from separate online platforms, many MNCs also offer these courses for the freshers on the field. These courses can really boost the placement opportunities for the students, especially for the ones studying in Tier 2 engineering colleges, say the students.

"These online courses are a great way to increase your basic salary package to a better one. During campus placements as well, the companies prefer students with better resume as with certificate courses, additional skills, internships, etc. So, more than getting into a nice college, it has become important that how many skills you have and if you are fit to be in the competitive industry. Especially for my field, which is IT, almost everyone is going for it these days so it becomes very important that you are standing out in front of employers. That is why students have started to take up these courses during the college itself," said Chetan, a final-year engineering student.

People have been taking these courses even after they have started a job in order to get better hikes, etc.

# It's the era of lesser-known locales

## Bengalureans are choosing to go to places like Zimbabwe, Iceland, Egypt — places that are easier on the pocket and less cumbersome to plan

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Iceland is a very popular location among Bengalureans now

For long, European countries have been on every wanderer's bucket list.

But not today.

People in Bengaluru and beyond are now opting for slightly less popular -- but unique -- destinations for their travel plans. They say getting visas for places like Japan, Egypt, Korea is less cumbersome, and it's easier on the pocket too.

The travel agents also say that bookings have increased for such countries. Sameer Jain, a travel agent in the city, said, "Places which usually were not on the travel list of people are seeing increased bookings these days. Some of these places include Egypt, Zimbabwe and even Iceland. People were still going to Greece; however, the bookings have increased for them as well."

He explained that one of the reasons behind the increase in the bookings for these places is that the visa is easily processed for these places rather than the popular places like Europe where visa takes a longer processing time as well.

Manoj Sharma, running a travel agency in 8th Mile, Dasarahalli, spoke on similar lines. He said that a lot of people have been booking tickets for Japan and Korea. One of the reasons is that the prices are comparatively cheaper than the mainstream holiday destinations. The price is approximately 5-10 percent less and moreover, they are unexplored.

Some of the people say that places like Europe have become quite mainstream. Hence, they were looking for places that have not been explored much.

Nithin Chacko, residing in Koramangala, said, "Everyone these days are going to Europe and Thailand, so I wanted to go somewhere which is uncommon. I booked for a trip to Egypt for my family. Not a lot of people have gone to visit, hence the place is still unexplored."

Some of the people also said that the expenses for these places were lesser compared to the popular holiday destinations.

Parag Hurkat, residing in Sarjapur, said, "I had recently gone to Korea for my honeymoon. Initially, the plan was to go to Europe, but it would take almost 6-7 lakh for the trip and maybe even more. However, the hotels and food were cheaper in Korea and we spent less than what we would have in Europe."

# Smells like teen spirit indeed

## State govt's proposal to lower permissible age for buying alcohol has not gone down well with parents, activists

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Recently, the Karnataka Government has proposed to lower the minimum permissible age for alcohol purchase and consumption in the state from 21 to 18 years.

A draft notification titled 'Karnataka Excise (General Conditions of Licenses) (Amendment) Rules-2023' has also been released last week to seek suggestions and objections from the public within 30 days.

However, many parents and activists are unhappy with the proposal and have been demanding the government take back the proposal at the earliest.

"In order to recover its own losses, the government is using the youth as scapegoats. There are already substance abuse and addiction-related issues in teenagers and youth today, even with the age restrictions present. It is very easy to buy alcohol for a school kid also as the shopkeepers only care about their business. If the age is lower, this behaviour will only become legal and would be encouraged," said Sathish A, a parent.

He said that most children at 18 are either still in school or freshly out of it. "It is the most important year of their lives which can completely be wasted if such behaviour is encouraged by the authorities. For their own profit, they should not ruin the youth," he added.

Several states like Sikkim, Goa, and Himachal Pradesh have already reduced the age limit to 18 years. In 2021, Delhi also lowered the legal drinking age from 25 to 21 years.

The liquor industry is a major source of revenue for the state. In the year 2021-22, the state government earned a record Rs 2,63,777 crore from liquor revenue.

Some parents have even sought the drinking age to be increased further.

"I think we should voice out against this proposal. The kids should not be served alcohol at such a young age. Already, tobacco consumption has ruined college students since the legal age is 18. Everywhere you can spot college students, or even school students, smoking in public spaces. At this age, peer pressure plays a major role and students get influenced easily. I strongly believe that the legal age for buying and consuming alcohol should be increased to 25 years when people become better judges of such behaviour... If not, parents should be more conscious about their child's behaviour and habits," Chaitra, another parent added.

**Parents and activists slam proposal to reduce alcohol purchase age to 18 years; say govt using youth as scapegoats to recover its losses; demand immediate withdrawal of plan**

All India Democratic Students' Organisation (AIDSO) has also condemned the state government's move.

"By lowering the age limit from 21 to 18, a larger section of students will be able to purchase liquor with governments' official approval and fall victim to this evil habit... The government should immediately take back the anti-human decision of lowering the age limit to purchase liquor. AIDSO calls upon all the students - youth to unite to strongly condemn and organise a movement against such policies," said AIDSO state secretary Ajay Kamath.

## Cops who 'created weed' scene suspended

Two police constables were suspended after a man claimed that they had planted marijuana in his bag to extort money. According to DCP south-east CK Baba, the two police constables are Teertha Kumar and Mallesh of the Bandepalya police station.

"After proper investigation, I have ordered the suspension of the two constables related to extorting money from the young man. They have been suspended from their duties," he said.

The cops were accused of extorting Rs 2,500 from Vaibhav Patil, who hails from Himachal Pradesh. In series of tweets, Vaibhav claimed the cops took his bag and inquired if he smoked marijuana. When Vaibhav denied it, they staged a drama in which they extracted marijuana from his bag and threatened to arrest him. They took Rs 2,500 from him and even when he begged for Rs 100 to return home, they refused. Vaibhav later deleted the tweets and refused to file an FIR. However, he gave his statement to Bandepalya police on Friday and identified the two police officers. **BMB**

## 2-wheeler thieves, extortionists arrested

Banaswadi police have arrested two thieves for stealing two-wheelers.

The accused have been identified as Anbu, 29, and Raju, 22. The police have seized four two-wheelers worth Rs 2.5 lakh from them.

"The accused committed the crime in Banaswadi KSSC layout in the daytime. Earlier, he had committed crimes in Pulikeshi Nagar, Hennur and KG Halli police stations limits. Both of them were arrested earlier but they got out on bail and continued to steal vehicles," said the police.

In another incident, two people who were wanted in 77 cases have been arrested by Rajagopal Nagar Police.

The accused have been identified as Abrahar and Aftab. Both the accused were involved in money extortion in areas like Shivajinagar, Rajagopal Nagar and Kamakshipalya police station.

Recently the duo extorted money from a businessman by threatening him with a weapon. Later the man filed a complaint and the duo was arrested.

## Bribe charge by contractors' forum

The Karnataka State Contractors' Association on Monday alleged that they are being pestered by the Ministers and ruling BJP MLAs to pay them bribe.

The Association members released before reporters here a purported conversation on WhatsApp and the audio of the conversation with the MLAs seeking money. According to them, at least 14 MLAs and three or four Ministers were involved in the alleged extortion. The Association working president Manjunath accused an MLA with arm-twisting an assistant executive engineer to collect bribes from the contractors. He claimed he paid money to the MLA directly and also through engineers. "I've been giving the bribe to the BJP MLA in installments since 2019," Manjunath alleged.

The BJP dismissed the allegations by saying there was no credible evidence. **PTI**

# Woman poses as doctor to steal patients' jewellery

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In a bizarre incident, a woman posed as a doctor at a hospital to steal jewellery from the patients. The incident took place in Ashok Nagar police station and the hospital authorities have filed a complaint against the woman on the basis of CCTV footage.

On Saturday, around 2:45 pm, a man, Ramesh, had admitted his mother to the hospital in Ashok Nagar. The accused was seen entering the hospital. She sent Ramesh away, claiming that she would check on his mother. She then stole the ring from his mother's hand and the chain from her neck and escaped. According to the police, the accused had stolen jewellery from other patients as well.

A case has been registered in Ashok Nagar police station and the police have laid a trap to catch the accused.

### Relationships awry: 2 women murdered

A man is said to have murdered his wife suspecting her of having an affair in Subhash Nagar.

The accused Nasir allegedly killed his 22-year-old wife Naaz by suffocating her, said the police.

"The husband and wife have been living in the flat for the last six months and initially it was a happy marriage. But later, Nasir Hussain started suspecting that his wife was having an affair. On Monday afternoon, he made a fuss again and killed his wife by suffocating her. Later, he sent a message to his wife's brother and escaped," said the police.

A case has been registered in Suddaguntepalya Police Station in this regard.

In another case, a man is said to have stabbed a woman in RT Nagar for refusing to get into a relationship with him.

The husband of the woman, Habiba Taj, 30, had died six years ago. Since then, she has been living in RT Nagar with her two children. According to the police, she was also in a relationship with an auto driver named Sheikh Mehboob.

Later, Habiba was given the proposal to remarry and she accepted. When Sheikh learned about this, he fought with her and is said to have been forcing her to have a physical relationship with him. When the victim denied it, the accused stabbed her and fled the scene.

The woman's family members filed a complaint against Sheikh, who was arrested later.

### Women's photos on prostitution site

Six people have been arrested for stealing women's photos from their social media accounts to upload it on a prostitution site.

Suddaguntepalya Police nabbed the gang that would make money by uploading the images of girls on the site. The photos were taken from social media, without anyone's consent.

According to the police, the accused made lakhs of rupees from this. The accused have been identified as Manjunath, Mallikarjunaiah, Manjunath, Mohan, Hanumesh and Rajesh.

# An incomplete flyover interrupts commute

## Jakkur flyover remains work in progress, forcing commuters to go off-roading each day

Daily commuters have to take a road leading to another railway crossing near Jakkur Lake, which is unpaved and in a terrible shape

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The commuters in Jakkur are still upset over the incomplete flyover. Despite having schools and offices in the area, no action is being taken to either complete the railway bridge or fix the road.

According to the commuters, they are not able to access the railway crossing near the flyover. As a result, they are forced to take another railway crossing near Jakkur Lake. However, the road leading to it is also in a terrible state.

Ananya K, a commuter, said, "For the last eight years, we commuters have been facing these problems. There's a lot of congestion because of which we all get late. The road near the lake that we are currently using is also very muddy. The vehicles cannot go smoothly through that road."

There are two major schools in the area. Due to the poor condition of the road, the school children face inconveniences while commuting.

"My son studies in one of the nearby schools. Previously, he used to go to school by bicycle. However, once while crossing the lake road, he slipped in the mud and fell, after which he was injured. Therefore, after that I don't allow him to go alone," said Rohit Kumar, a resident of the area.

According to Naveen P, another

> **"For the last eight years, we have been facing such issues. There's a lot of congestion because of which we get late. The road near the lake is also very muddy** –Ananya K

resident, if the lake road is fixed then it would become easier for all to commute.

"It takes a lot of time for my daughter to reach school. This would not have happened if the road was not in such a terrible condition. Something should be done immediately," he said.

Other residents added that the road leading to the flyover is also in a terrible condition.

Anita Srivastav, another commuter, told Bangalore Mirror that there are a lot of potholes in the entire stretch.

"Due to potholes people cannot travel at a fast speed and it further results in traffic congestion," he said.

"If the railway crossing is completed then it would significantly reduce my travel time. My office is in Yelahanka and now it takes an hour and more to reach," said Reshma Kaur, another commuter.

Meanwhile, BM tried reaching a Bruhat Bengaluru Mahanagara Palike (BBMP) official, however, the phone remained unreachable.

# Here's to electrostatic metres in city

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While the installation of a smart metre system in the Bangalore Electricity Supply Company Limited (BESCOM) jurisdiction still remains to be in an initial state and would not take any time soon. The department's main focus now is on the installation of electrostatic metres in commercial buildings, government offices, and industries by the end of 2023.

The initiative to install electrostatic meters began in July 2022, and so far it has made progress with over 7,60,546 static metres installed in different areas.

Data from the BESCOM department showcased that in the Bengaluru metropolitan area zone (BMAZ), there are 17,90,882 electro-mechanical metres. In the east and west circles of BESCOM over 7,39,713 electro-mechanical metres exist.

In the north part over 4,87,930 metres are present and the south zone with 5,63,239 electro-mechanical metres. Amongst the 17,90,882 metres, over 760546 mechanical metres have been replaced with digital metres.

A BESCOM senior official said, "For many years there have been analogue metres installed in the houses, but now the focus is on making it digital. The old metres give us only readings and no other details. The electrostatic energy metres will have many advantages for the users and will be better off than the traditional ones that are being used."

With new meters, people may have to face a 10% increase in charges

For instance, the electrostatic energy metres are of accuracy class 1.0 and are Device Language Message Specification (DLMS) compliant. The static metres will be capable of measuring recorded demand, instantaneous power, voltage, current and other electrical parameters, he added.

According to the BESCOM officials, currently, the static metre installations have also begun in the residential houses in BBMP limits. While for other parts of Bengaluru and in the other seven rural districts, the BESCOM tendering process is underway.

However, the consumers might feel a slight increase in the charges once the electrostatic metres are installed. Initially, when a pilot project was done with the static metres, a 10% increase in power charges was recorded.

"People can feel a 10% increase in the charges from the previous times as the smallest of the current usage as well will be recorded. For example, many people switch off the television through their remotes but leave the switch on, this electricity consumption will be recorded," said a senior BESCOM official.

"Similarly, people even after charging their mobile phones, leave the switch on with the charger plugged into the switchboard. In all these scenarios, the minute usage of current will be recorded. However, this way people can be more aware and save electricity," he added.

whatsapp MIRROR
9591233247

**Problems in your area?**
Send us a picture along with specific details. And please, no phone calls or spamming

### Blocked path
**Gangondanahalli**

Pedestrians are unable to walk safely as the footpaths are blocked on Gangondanahalli Main Road.

### Piled up
**Byrasandra**

Debris after a corporation drilled a borewell has been lying uncleared on 5th Cross, Anand Gokul Layout in Kaval Byrasandra area since last Saturday

### Gaping flaws
**Arekere**

These gaping holes are left open by BBMP right in front of AECS Maruti Magnolia School at 80ft Road, Arekere in Bannerghatta Road.

# There's a low gender ratio among B'luru's voters

According to the final electoral rolls published on Sunday by the office of the Chief Electoral Officer, Karnataka, Bengaluru has one of the lower gender ratios among voters.

The list which includes the data of three constituencies (Shivajinagar, Chickpet and Mahadevapura), said that for every 1,000 male voters, there were 854 female voters.

However, as per the Census 2011, it was 916 females for every 1,000 males. Though there are 224 Assembly constituencies in the State, the data earlier was of voters in 221 Assembly constituencies.

The revision had excluded Shivajinagar, Chickpet and Mahadevapura following directions of the Election Commission of India as there were allegations over the deletion of the voters' list in these constituencies. Now, the final list has been published including these constituencies.

As per the electoral rolls of the three constituencies, Shivajinagar has 1,94,937 votes, Chickpet 2,13,066 and Mahadevapura has 572539 voters. The maximum number of voter names being deleted has been done in Mahadevapura constituency (1,776) followed by Shivajinagar (828) and Chickpet (806). Overall, in the three constituencies, 3,410 voter names were removed. Around 3,240 names were removed because the voters had shifted to different constituencies, 123 because of death and 47 names had repeated.

**According to the list published, for every 1,000 male voters, there were 854 female voters**

An EC official said, "During the revision activities in the three Assembly constituencies, the names of voters identified under photo similar entries category, demographically similar entries, dead, shifted and absentee categories have been deleted for accuracy in the electoral rolls."

BBMP Chief Commissioner Tushar Giri Nath said, "So far, 2,984 electoral literacy clubs have been established at schools and colleges. Interestingly, 1,16,230 applications were received directly from students through the National Voter Service Portal. Out of the 9,182 voters belonging to third genders and sex workers, 9,085 have completed 18 plus and are enrolled. A total of 34,941 divyangs (people who are differently abled) have been enrolled. The Disability Department has appointed nodal officers in each ward of BBMP for further enrolment of persons with disabilities (PwD) and special drives are being planned to mark all PwD voters."

Nath further added that Form 8 was required for inclusion, correction of entries and deletion of the names. At present the youngsters, who have crossed the age of 17 can submit applications in advance to get enrolled.

He added that there are four qualifying dates in a year for enrolment (first of January, April, July and October). The total number of advance applications for April 1, 2023 qualifying date from 17+ age group received is 87. When the age of the applicant crosses 18 years of age as on any one of the qualifying dates, necessary action will be initiated to process such application as per rules.

—BMB

# Axing trees? But the numbers don't match!

## Number of trees that are marked for felling to build proposed flyover do not match number specified in Palike's document

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PIC FOR REPRESENTATIONAL PURPOSE ONLY

Residents say that they are concerned about the civic body's decision to chop more trees than the number mentioned

The number of trees marked to be cleared for the proposed flyover on Sankey Tank Bund Road does not match the number specified by the BBMP in its project detail document on affected trees, say residents.

According to the residents, while the total number of affected trees mentioned in the document is 39, as many as 47 trees have been marked between Bhashyam Circle to Malleswaram 18th cross.

Residents say they are concerned about the civic body's plan to knock down many more trees than the number mentioned in the official document.

"The number of trees marked on-ground is not corroborating with the number mentioned in the project detail that we have received from the BBMP. There should be an explanation and the officials must call for public consultation immediately. Residents are worried that many more trees than mentioned, will go secretly" said Preeti Sundarajan, a resident of Malleshwaram.

Our Jan 6 report spoke on residents protesting against the axing of trees in Sadashivanagar

Kimsuka Iyer, another resident from the area, said she went around counting the trees marked by the BBMP. While the civic body's project detail document has eight trees marked on the right-hand side of the road, as many as 16 are marked on ground instead.

"This report generated for the BBMP by Infra Support Engineering Consultants has marked 8 trees on the right-hand side of the stretch, but I have personally counted 16 marked trees on that stretch. In addition to this, there are 9 additional unmarked trees, which would need to be removed as they fall in the same line/stretch. So, the total tally of trees that would need to be felled on that stretch alone is 25 in total, which is a huge difference from the number that the BBMP has mentioned in their report.

Similarly, we fear that many smaller trees that are not marked at all will have to go as well," said Kimsuka, another resident.

Similarly, a smaller patch of the road on the left-hand side of the stretch, while BBMP's document shows eight marked trees, residents allege there are 13 marked trees instead.

According to tree activists and environment researchers, ad-hoc projects without a planned approach are detrimental to both the environment and urban planning. "What we need is a comprehensive mobility plan for the whole city. Considering the declining tree cover in the city, cutting the trees irrationally should not be acceptable to any Bengalurean," said Dr TV Ramachandra, Centre for Science and Ecology, Indian Institute of Science (IISc).

> **Considering the declining tree cover, cutting the trees irrationally should not be accepted**
>
> – Dr TV Ramachandra, Indian Institute of Science

Experts say such proposals such as one on Sankey Tank Bund Road are violating the spirit of the Karnataka Preservation of Trees Act.

"The law has to be implemented in its true spirit. Even if the number is below 50 there should be a public notice and public consultation for both the need for such projects and the exact number of trees affected. The authorities must publish the public notice and go a step ahead to hold a public consultation to evaluate the need for the project," said Dattatreya Devare, trustee, Bangalore Environment Trust.

IN BRIEF

## Say hello to our first Evening Post Office!

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Bengaluru on Monday got its first Evening Post Office near Museum Road.

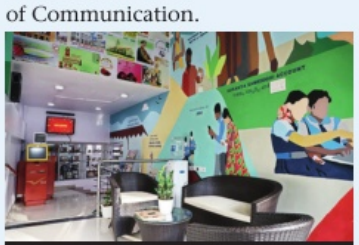
The evening post office will be open from 1 pm to 9 pm and a separate branch of the post office will cater to an office-going crowd who struggle to courier parcels.

The first Evening Post Office was established in Dharwad in November 2022 and based on its success, was proposed in Bengaluru. Catering to office-going crowds, the post office will facilitate services for employees returning home. At the post office, speed post and parcel booking, Aadhaar services, picture postcards, and philately services will be rendered.

The post office has been refurbished at the cost of Rs 3 lakh. Apart from normal services, people can purchase augmented postcards. Scanning the postcards will showcase the history of the picture. The entire post office is vibrantly painted with the history of the post offices. In a bid to encourage LGBTQ artists, the task was assigned to Aravani Art Project.

More such post offices are being planned at Basavanagudi and the GPO.

At the inauguration of the new post office, the Heritage Beku group organised a postal heritage trail. The journey started at Mail Motor Service. Further, it went through the Post Box, Taj West End, Beaulieu, the office of the Chief Postmaster General, the General Post office, and ended at the Sandesh Museum of Communication.



S Rajendra Kumar, Chief Postmaster General Karnataka, inaugurated the Evening Post Office at Museum Road on Monday

# By R-Day, bus details to be at our fingertips

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**"The corporation has been receiving feedback from the group and we have been improvising. BMTC has been working on the app to improve the user experience for the last three-four months**

After much delay, BMTC's flagship app Nimmbus is likely to be launched by January 26. According to BMTC sources, a few technical glitches are being resolved, which has led to the delay.

Previously, BMTC had announced the launch of the Nimmbus app by December 23. The app could effectively bring BMTC to the fingertips of passengers. Adequate knowledge of schedules and live-tracking of buses will incentivise more people to use public buses and decongest the city. But despite the grand vision of BMTC, it failed to launch the app on December 23.

BMTC Director (IT) AV Surya Sen told BM, "There were challenges with mapping of the buses and they are doing the exercise all over again. There were architectural issues with the map and there were concerns about accuracy. We need to calibrate the app now.

The exercise is expected to be completed in a few days. Right now, we have mapped 3,000 buses. There are some glitches with the 'planning and scheduling'; the feature for depots is being corrected. We are aiming to make an official launch by January 26."

BMTC has already done a soft launch and a few selected users were part of the pilot. "The corporation has been receiving feedback from the group and we have been improvising. BMTC has been working to improve the user experience for the last 3-4 months," he said.

However, it is learnt that roughly 1,000 buses will be out of the radar of the app. "We are not installing trackers in scrapping age buses and will continue to remain out of the radar. Around 1,000 buses that might be scrapped this year or next year are not being installed with trackers. We are coming up with a new method to track these buses as well," added Sen.

Due to a shortage of drivers, BMTC has been docking a few buses. The corporation says that around 1,000 buses can be put back on road after resolving such issues.

Speaking about the app experience, a member involved with the pilot testing told BM that the app is very user-friendly.

"After logging in with a phone number, the maps will showcase the bus stops near you. You can track the buses by their registration number and through route numbers. You can search for a route and you will get the timetable of the route. It also had a feature to know the incoming buses at particular bus stops. There is an SOS feature on the app as well," they said.

# Cab robbery in suburbs

CONTINUED FROM PAGE 1

are arrested, they are released on bail in two days — they go back to doing the same thing again," said Jayanna, a cab driver and president of Bharat transport union. He added that most of the cases are reported from Bengaluru's outskirts.

"Maximum number of cases are reported from Hebbal, Attibele, Yelahanka and Anekal. These incidents rarely take place in the city centre; however, it has seen an increase in recent months on the outskirts. When we complain to the police, for a while we see a decline in cases, but then it goes back to normal in a few days. Most of the accused are teenagers who are involved in petty theft," he added.

Tanveer Pasha, president of cab aggregators drivers' association said taxicab aggregators are not doing anything about the robberies even after several complaints.

"The harassment and robbery of cab drivers was going on for a long time but it had decreased. But then again, in recent months we have witnessed several complaints. Cab drivers would come to us saying they were hit and robbed; we would go to the police or inform the company. The company has said that they will be doing identity verification of the customers soon," he said.

However, according to the police, not many cases have been reported in recent months.

"We get one or two cases sometimes but there hasn't been a spike in cases. If any case comes to us, we enquire about the driver and customer, register the case and then take action," a police official said.

When Bangalore Mirror contacted Srinivas Gowda, DCP central, he said he hasn't come across any cases but if indeed such cases come to light, the department will surely initiate action.


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**personal**

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I Rahatulla Sharieff, R/a No.101, A.J. Muneera Enclave, 1st Cross, Siddaramappa Garden, Lingarajpuram, Bangalore-84. I have changed my name from Rahatulla Shariff to RAHATULLA SHARIEFF vide affidavit dt 13.01.2023. Sworn before Notary: V. Rajashekhara.

I Nayamathulla Sharieff, R/a No.101, A.J. Muneera Enclave, 1st Cross, Siddaramappa Garden, Lingarajpuram, Bangalore-84. I have changed my name from Nayamathulla Sharief to NAYAMATHULLA SHARIEFF vide affidavit dt 13.01.2023. Sworn before Notary: V. Rajashekhara.

I, Ravichandran S R/o 11047,w2,4flr,prestige Royale Gardens,Doddaballapur Main Rd, Avallahalli,Bengaluru, Karnataka 560064 have changed my minor son's name from Dhashwin to Dhashwin R for all purposes

I, Shrichand Rambriksh Gound Or Shrichand S/o Rambriksh Gourishanker Kahar R/o B-402, Anmol Residency Opp, D-mart, Kalol , Gujarat have changed my name to Shrichand Kahar for all purposes.

I, SHAIK BABA NATHAR S/o Dadapeer # No- 4/1 2nd Floor 1st Cross Near Jolly Masjid Jolly Mohalla Bangalore-560053, Have Changed My Name to Shaik Baba Yanather For All Purposes

I, R. Rajiv S/o P. N. Rajendran R/o # 26, S-304, Sri Lakshmi Venkateshwara Nilaya HRBR 3rd Block, Near Cmr Pu College, Bangalore-560084 have changed my name to Rajiv Rajendran for all purposes.

I Mohammadaslam S/O, Abdulrazak L Mujawar R/o 1424 First Floor 13th Main 8th Cross, Btm Stage 2 Bangalore - 560076 have changed my name to Mohammad Aslam A Mujawar for all purposes.

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I, Kirti, D/O Ravindra Kumar Singh, R/O 2nd floor, B1, VMB Homes, Munneshwara layout, Munnekolala, Bangalore, Karnataka, 560037 have changed my name to Kirti Singh for all future purposes.

I Farooq S/O, Lateef Syed R/o No 45/1 Anjeneyaswamy Temple Block Marappa Garden Benson Town Bangalore 560046 have changed my name to Lateef Syed Farooq

I Imran Damani R/o 262 ,a T Halli ,Shanthinagar, Bengaluru have changed my minor daughter's name from Zahra to Zahra Imran Damani for all purposes

I Salman Asgar Ali Haseena r/o No 20 1st floor 1st cross marappa garden benson town Bangalore 560046 have changed my name to Salman Ali

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**LOST:** It is notified for the information that my original copy of Sale deed of Varamaha lakshmamma .R W/o Varadachar B Tresiding at Weavers Colony, Nelamangala, Bangalore-562123 in property BMRDA site no.61 Reg no. 2511/96-97 registered on 25.11.1997 have lost at the time of Xerox on 02.01.2023 and Lodged complaint on 15.01.2023. If anybody found please contact - 99161 03042 hand over to the nearest police station.


# Children denied playground

CONTINUED FROM PAGE 1

Recently, the BBMP's Halasuru ward engineer selected the children's playground for the construction of the RO plant. Now, the ongoing construction at the children's playground has invited flak from child rights activists as well as residents of the area.

"We do not know who has taken up this construction work as there is no board displaying the details of the construction, agency involved and cost. I have been approaching the BBMP authorities but they feign ignorance," said BR Chandran, a resident of Halasuru.

Nagasimha G Rao, director of Child Rights Trust criticised the BBMP for misusing the children's playground. He said children have no place to play. "Nowadays children are confined to their houses after coming back from school. Children need playgrounds in their residential neighbourhoods and vicinity. I oppose the construction of the RO plant at the children's playground. I want the BBMP to find an alternative location for the construction of the plant," Rao said.

A few residents complained that the children's playground was locked for quite a long time. They want the BBMP to post a security guard to open and close the playground. "The BBMP spent a lot of money for installing children's play equipment but what is the use of such equipment if the playground is locked?" asked Subramanian S, a resident.

BBMP assistant engineer Ranganath said he was transferred to Halasuru ward recently. "Higher authorities sanctioned the plan to construct the RO plant at the children's playground. I am sure the contractor is taking care of children's play equipment. He will restore the children's park after completing the construction of the RO plant which is being constructed as per the residents' demand," said the assistant engineer.

Meanwhile, BBMP assistant executive engineer Prasanna said he assumed office just a few days ago. "I do not know much about the construction of the RO plant at the children's playground. I will look into the matter," he said.

However, according to BBMP horticulture superintendent Sudheendra Kumar, no one has taken permission from the horticulture department to construct the RO plant at the children's playground at Halasuru. "I will visit the spot shortly," he said.

It is amusing that no action has been initiated to stop the construction work though BBMP east joint commissioner is residing a few hundred metres away from the aforementioned children's park.

# Congratulations! it's a girl

## Dip in female mortality rate in urban areas brings hope; rural areas still need to catch up

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Female IMR has reduced by four points from 21 deaths in 2019 to 17 deaths in 2020 per 1,000 live births

The infant mortality rate (IMR) of girls in the state's urban areas is reducing at a rapid pace. According to the recently released Sample Registration System (SRS) by the office of the Registrar General, the IMR for girls in urban areas of Karnataka has reduced by four points from 21 deaths per 1,000 live births in 2019 to 17 deaths for 1,000 live births in 2020. However, there has been no change in IMR for boys. Both in 2019 and 2020, there have been 15 deaths for 1,000 births.

Disparity still exists when it comes to rural and urban areas for girls. In rural areas, there is only a marginal improvement. In 2019, rural areas had 23 deaths per 1,000 live births and 22 deaths in 2020.

According to a health department official, there is a greater awareness on protection and care for girl children in urban areas. This is the reason for a steady decline.

"I am sure the numbers will further decrease. However, it is sad to see that the numbers are yet to reduce in rural areas. It would take some more time and greater awareness so that even remote areas see a big decline in girls' death rate," they said.

The Infant Mortality Rate (IMR) is widely accepted as a crude indicator of the overall health scenario of a country or a region, and is defined as the infant deaths (less than one year) per thousand live births in a given time period and for a given region.

> **It is sad to see that the numbers are yet to reduce in rural areas. It would take some more time to see a big decline**
>
> –a health department official

The present level of IMR (28 infant deaths per thousand live births, for the year 2020) across the country is less than one-fourth as compared to 1971 (129 infant deaths per thousand live births).

In the last 10 years, IMR has witnessed a decline of about 36 per cent in the country. Despite the decline in IMR over the last decades, one in every 36 infants dies within the first year of their life at the national level (irrespective of rural and urban areas).

### Birth rates fall marginally

The birth rates in the state have fallen marginally in a year. In 2019, the birth rate was 16.9 in the state (15.4 in urban areas). In the year 2020, it has slightly reduced to 16.5 (15 in urban areas).

According to the report, the birth rate for the country has been estimated at 19.5, whereas the death rate has been estimated at 6.0.

Birth rate is a crude measure of fertility of a population and is a crucial determinant of population growth. It gives the number of live births per thousand population in a given region and year.

### Death rate stable

There has been no decline in the death rate. In 2019 and 2020, the death rates in the state are 6.2 (7.1 in rural areas and 4.8 in urban areas).

"Mortality is one of the basic components of population change and the related data is essential for demographic studies and public health administration. Death rate is one of the simplest measures of mortality and is defined as the number of deaths per thousand population in a given region and time period," said the report.

## Fast track between B'luru and Chennai

The Vande Bharat train which currently plies between Bengaluru and Chennai may soon see a speed upgrade. Currently, Southern Railway has completed work to prepare tracks for running trains at 130 kmph up to Jolarpet on Chennai-Bengaluru route. This paves the way for Vande Bharat express to run at a better speed and cut travel time considerably.

A speed test was done recently. Most of the work to increase speed on the route has been completed. This is the first step to augment the speed of trains on the route.

The tracks and signals are ready. Railways may have to do other work like barricading of tracks and offering an alternative for people to cross the tracks at suburban stations.

The test train with a locomotive and a couple of coaches could be operated at a speed more than 140 kmph or less as the tracks are ready and the route is secured by Railway Protection Force (RPF) and railway staff who prevented trespass at stations. The speed could be achieved since rails are replaced and bridges are strengthened.

A Southern Railway spokesperson said, "This is a beginning. We cannot say that we are ready but a major portion of the work is completed. Some minor work needs to be done to make the route."

Meanwhile, passenger patronage has picked up gradually for Chennai-Bengaluru-Mysuru Vande Bharat train, which was launched on November 12. However, high fare, inconvenient departure time from Chennai and fewer stops seem to prevent it from becoming as popular as other trains on the route.

The train saw 86 per cent of the patronage on the Chennai-Bengaluru route while Brindavan Express had a patronage of more than 100 per cent for its services between the cities. —BMB

# Request: Insurance coverage for tourists

## Wildlife conservationist demands insurance for eco-tourism

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A wildlife conservationist from Karnataka, in a letter written to the Principal Chief Conservator of Forest (PCCF) RK Singh, has requested to cover eco-tourism centres maintained by the forest department by insurance policy.

"Karnataka's eco-tourism sites offer activities like trekking, kayaking, jet skiing, birding, banana ride, bump ride, dolphin ride, safari, zip-ride, boat ride, rafting, visit to falls/elephant camps, including the proposed ropeway. These activities are run either by the Karnataka Forest Department, Jungle lodges or Karnataka Ecotourism Development Board," said Giridhar Kulkarni, wildlife conservationist.

"However, many of the activities carry a risk for tourists like wild animal attacks, drowning and more, which may result in accidental deaths, permanent or partial disabilities," he added.

The initiative, if implemented, is expected to boost the state's tourist-friendly image and increase confidence among travelers in line with the Karnataka Tourism Policy 2020-26, which strives to ensure the safety of visitors at eco-tourism sites across the state.

"There have been accidents in some parts of central India involving wildlife, and tourists have become hesitant. An insurance policy will instill confidence among tourists and boost it in the state," he explained.

Notably, some of the states' forest departments have tied up with insurance companies and have an insurance policy for tourists at the eco-tourism centres maintained by the department.

It would be good if the state government or forest department can enter into an agreement with an insurance company, along the same lines as a few states such as Kerala. These states provide insurance coverage for tourists in case of accidental deaths and permanent and partial disabilities if the incident happens at eco-tourism sites, he informed.

> **Many of the activities carry risk for tourists like wild animal attack, drowning**
>
> –Giridhar Kulkarni, conservationist

"The Forest department could impose a condition that coverage will be only for visitors who have taken tickets to eco-tourism sites. The insurance contract may exclude losses caused by communicable diseases or pandemic," he wrote to the PCCF along with PCCF (wildlife), additional principal chief conservator of forest (wildlife) and MD of Jungle Lodges & Resorts.

# Safety for all is the theme

## Road Safety Week campaign to stress on need to know traffic norms and follow them; motorists to get a crash course

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TWEETS @BangaloreMIRROR

Namma Bengaluru Foundation, in association with 56 Secure, Bangalore Traffic Police and Traffic Wardens Organisation, launched the National Road Safety Week campaign at the KFC Junction in Indiranagar on January 11 and will be continued till January 18.

The awareness drive focuses on this year's theme 'Swachhata Pakhwada', which is to propagate the cause of safe roads for all. The key elements of this campaign are to spread the knowledge of following traffic rules and regulations on roads.

Five major junctions were covered by citizens, traffic wardens, 56 security guards and students from colleges to ensure better awareness on the ground.

Hundreds of school students and city traffic police personnel participated in the National Road Safety Week rally from Cubbon Park Queen statue, organized by Bengaluru Traffic Police and Transport Department, on Saturday; NBF campaign (inset)

According to Vinod Jacob, General Manager, Namma Bengaluru Foundation, road accidents are a major cause of death in the country and this drive is to bring awareness among the motorists to drive safely and follow traffic rules.

"Motorists were told about the safety of wearing helmets, seatbelts and driving safely by displaying placards and educating them on road safety. This drive is to motivate the citizens to abide traffic rules and follow safety laws and will be conducted at the major junctions in the city for a week," he said.

At these major junctions, around 1,00,000 commuters were given the message and made aware about road safety.

Roses were handed to road users as an acknowledgement for following road disciplines. The community in and around the KFC Junction Indiranagar were educated on how to protect themselves and others while on the road.

Sacheth Kadam, Co-Founder, 56 Secure told Bangalore Mirror that 56's vision is to help keep the world safe by making security effective and accessible to all.

"We want Bengaluru to be a city where residents and visitors can move safely and confidently. Road safety is a crucial aspect of this vision, and we are committed to working together with community members, NGOs, government agencies, and other stakeholders to make our streets safer for everyone," he said.

**"We want Bengaluru to be a city where residents and visitors can move safely and confidently. Road safety is a crucial aspect of this vision** –Sacheth Kadam, 56 Secure

In addition, NBF also launched its campaign on a radio channel by informing citizens to follow road safety signs to prevent road accidents.

A quiz was organised on NBF Social Media to assess the knowledge of road signs and traffic rules by people.

During the week, various activities in different junctions were organised to create awareness among the public and to give an opportunity to all stakeholders to contribute to the cause of road safety, including various awareness campaigns related to causes of road accidents and measures to prevent them.

# Congress poll promise: ₹2,000 a month to woman head of households

The Congress in Karnataka on Monday promised Rs 2,000 a month to every woman head of households if the party is voted to power in the State.

The announcement was made at a "Na Nayaki" (I am a leader) convention attended by Congress leader Priyanka Gandhi Vadra, who said Rs 24,000 a year would be directly credited to their bank accounts under "Gruha Lakshmi Yojana", an "unconditional universal basic income."

The promise comes within days of the Congress making an announcement to provide 200 units of free power every month to each household in the State, where Assembly elections are due by May.

'Gruha Lakshmi Yojana' is the attempt of the Congress party to share the "burden of the exorbitant" LPG prices and the "costly daily expenses" that a woman has to bear, the party said.

A woman gestures while listening to Congress party leader Priyanka Gandhi Vadra during 'Naa Nayaki' (I am a Leader) convention for women on Monday

More than 1.5 crore women would benefit from this scheme, the party said.

"Today, I am announcing the Gruha Lakshmi Scheme. In this scheme, each head of a family who is a woman, will get Rs 2,000 per month. That means Rs 24,000 will go directly into your account in a year. This is part of the bigger scheme of 'Na Nayaki', she said at the women-centric convention organised by the Karnataka Pradesh Congress Committee.

Priyanka Gandhi Vadra said the Congress wants every woman of the State to be empowered and capable of standing on their own feet and taking care of their children. The party wants to provide financial independence to each woman of Karnataka, she added.

Priyanka Gandhi Vadra said a separate manifesto for women would be released in Karnataka. **–PTI**

## NATION

### Masks, sanitisers, back in Kerala

**#THIRUVANANTHAPURAM**

Covid restrictions, like those stipulated during the pandemic time, will be in force in Kerala with immediate effect for a month, it was announced on Monday.

All will have to wear masks and maintaining social distancing is also a must at all places.

A government order to this effect came out on Monday evening which states that the fresh steps are being undertaken to prevent Covid from spreading.

Among the guidelines include wearing of masks at all places including in all types of vehicles.

The order stipulates placing of sanitisers at shops and all public places besides soap and water.

Of late, the state government has done away with the practice of releasing Covid figures and hence no one knows the exact number of Covid positive patients in the state and the level of spread, if any in the state. **–IANS**

### 2 killed in TN Jallikattu events

**#MADURAI**

Two persons, including a bull tamer, were killed in separate jallikattu events in Tamil Nadu on Monday. And injuries did not seem to deter the enthusiasm of the dauntless tamers, who charged at the bulls every time they were released, with renewed vigour.

Chief Minister MK Stalin condoled the deaths and announced a solatium of Rs 3 lakh each to the families of bull tamer Aravind Raj of Palamedu, and spectator M Aravindh from Pudukottai district who died after being gored by a bull. "I offer my deepest condolences to the bereaved families and friends. I have ordered Rs 3 lakh each from the Chief Minister's Public Relief Fund to the families of the deceased," the CM said.

At least 75 persons including bull tamers and owners were injured during the jallikattu held at Avaniyapuram in the district and another 34 sustained injuries at the event at Palamedu, which concluded this evening.

Aravind Raj, a 26-year-old bull tamer who appeared unstoppable in taming nine bulls, was gored by a bull at the jallikattu event in Palamedu. Aravind Raj of Palamedu was rushed to the primary health centre (PHC), but he died later." **–PTI**

### Ganga Vilas 'not stuck in Bihar'

**#CHHAPRA (BIHAR**

The flagship Ganga Vilas Cruise, which was flagged off by Prime Minister Narendra Modi last week, reached Patna as per schedule and is not stuck in Chhapra, stated Inland Waterways Authority of India (IWAI) on Monday.

Chairman, IWAI, Sanjay Bandopadhyaya said the vessel, MV Ganga Vilas, will continue its onwards journey as per schedule.

"The Ganga Villas reached Patna as per schedule. There is absolutely no truth in the news that the vessel is stuck in Chhapra. The vessel will continue its onwards journey as per schedule" IWAI said in a tweet quoting Bandopadhyaya. Chhapra's CO Satendra Singh said local journalists earlier misquoted him. "Local journalists have misquoted me, I just said SDRF (State Disaster Response Force) boats were at the spot as a precautionary move. There is no obstacle of any kind," Singh told ANI. **–ANI**

**HEALTH TIP:** Spending less time sitting down and more time moving improves mood, aids sleep and keeps your heart, bones and muscles healthy

Our livers are self-healing, so even a few days off alcohol every week can allow its automatic repair processes to kick in

BangaloreMirror | 9
Tuesday, January 17, 2023
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# Snooze in sync

## Align your diet with circadian rhythm — it is the new wellness trend

Are you getting enough sleep? Chances are, you're not. A worrying 70 per cent of us are sleep deprived, and as poor sleep threatens both mental and physical health, it's clear this needs to change. Enter sleep syncing, a new wellness trend for 2023 that involves aligning your diet with your circadian rhythm. The result? A good night's sleep. "Sleep syncing is based on circadian eating - eating with your internal body clock in mind," says Alex Glover, senior nutritionist for Holland & Barrett.

Here, in a plan created just for us, he reveals how it's done.

### Why can't I sleep?

When it comes to sleep, one size doesn't fit all. But at this time of year there are certain factors that can influence it.

Firstly there's vitamin D, which influences our circadian rhythm. Known as the sunshine vitamin, the body absorbs vitamin D when out in sunlight, and we tend to be deficient in the winter months.

Next up is the change in routine we often see in January as we make resolutions and embark on the year ahead. Routine is important when it comes to good sleep, and a new year can see changes that disrupt this. Finally, our diets change in the winter and we often make poorer food choices. This can lead to deficiency in magnesium, zinc, iron and calcium - all important for normal neurological function and to initiate the process of sleep.

### Circadian rhythm

This is our internal body clock, a 24-hour cycle that carries out our essential physical, mental and behavioural functions. It runs in response to light and dark.

### What is sleep syncing?

This is about how to eat and live in line with the light/dark cycle, ensuring what you consume is what is best for your circadian rhythm throughout the day. In the evening, you tailor what you eat and drink to support good sleep and a healthy metabolism.

### Why does it work?

Essentially, because you are giving your body what it needs at exactly the time it needs it. The main sleep hormone is melatonin. There are certain things that inhibit melatonin, and others that boost it. Light, for example, inhibits melatonin and when you wake up in the morning, melatonin levels drop. Carbohydrate and food intake can suppress melatonin, so if you have a big meal late a night, this inhibits the production of melatonin. This, coupled with the fact the process of digestion raises core body temperature, makes eating late at night a major sleep saboteur.

### HOW TO SYNC OUR SLEEP FIRST THING

Say no to coffee: Don't reach for a coffee until at least 90 minutes after you've woken up. After you wake and get out of bed, it takes your body 90 minutes before you feel fully awake. Drinking caffeine interferes with this natural wake-up cycle, making you feel more tired in the long run.

Have a large glass of water. And don't put lemon in it, it's extremely acidic and can damage your teeth.

Find light: Get outside as soon as you can, even when it's overcast, as it's important to expose yourself to natural sunlight.

### EAT UP

Start off strong: Eating a good breakfast is a brilliant thing you can do for health. People tend to make better food choices in the morning, which means it's a great opportunity for nutrient-dense food. From a sleep syncing point of view, eating food and the subsequent release of hormones such as insulin gives the body a wakefulness signal that can help us feel more energised.

**It takes two:** When you can, add two servings of fruit and veg to your breakfast.

> **After you wake and get out of bed, it takes your body 90 minutes before you feel fully awake. Drinking caffeine interferes with this natural wake-up cycle**

### 11AM SNACK TIME

Last chance for a coffee: Did you know that 50 per cent of your caffeine intake will still be in your system six hours later? So if you're planning on having an early night, it's important to make a choice about your hot drinks early in the day. Try drinking peppermint tea instead.

Energy boosters: A handful of nuts, dried fruit or fresh fruit are a healthy snack that won't spike your blood sugar, and will keep your energy levels up until lunchtime.

### LUNCH TIME

Carb load: If you're operating on the principle of three meals a day, for optimal sleep you should consume most of your carbohydrates at breakfast and lunch. This will give your system enough time to digest them. The only exception would be if you are exercising later on in the evening. **Your biggest meal**: If you're used to having a light lunch and a big dinner, swap them over. Base your lunch around high-fibre starchy foods such as potato, sweet potato, bulgur wheat, brown rice and quinoa - and add a vegetable or two on the side.

Add beans: Legumes such as beans, lentils and peas are nutritionally dense and adding them to your lunch ensures it's more filling.

**Time for a walk:** After a large meal, go for a short walk. We know from research looking at blood sugar metabolism.

### 3PM SLUMP

Less likely to snack: If you've had a large, nutritious lunch, you'll be less likely to have a slump at 3pm and want a snack. But if you do, reach for nuts and dried or fresh fruit. Don't reach for a coffee, or make sure it's a decaf.

### DINNER TIME

The three-hour gap: People get home at different times and dinner times can vary, but where possible, aim for a three-hour gap between finishing your dinner and going to bed. This will give your body enough time to digest your food - and for your body temperature to return to normal - before you attempt to sleep. Think small: The old adage "breakfast like a king, lunch like a prince and dine like a pauper" is absolutely correct when it comes to how best to eat to sleep well.

A late dinner will lie uncomfortably in your stomach as you drift off.

**Have days off:** It's important to note that while sleep syncing is about following this plan on a regular basis, you do not need to stick to it every day for it to be effective. If you're going out with friends for a big dinner, enjoy it. It's about fitting in the right things at the right time most of the time. Our body likes routine and that is enough to see a real change.

### 8PM

Stick to one glass: One glass of red wine at 8pm won't have much of an effect. However, it's worth remembering that alcohol has no real benefits for the body. And it affects our sleep too.

### 10PM Protein

If you want something right before bed, reach for something protein-rich - yogurt or cheese, for example. This won't cause an increase in blood sugar and inhibit melatonin.

—Daily Mirror

## All you need to know about...

*Watering eyes*

**What is it?**
This may occur if too many tears are produced or if they cannot drain away properly. It's most common in young babies and people aged over 60 and it can cause blurred vision, sore eyelids and sticky eyes.

**Why causes them?**
Glands in the eyelids make an oil that slows the evaporation of tears between blinks. When these glands don't function properly it can result in dry patches on your eyes. These become sore and extra tears are produced as a reflex.

Other problems that can cause extra tears include the lower eyelid sagging away from the eye, eyelids that roll inwards, inflammation of the edges of the eyelids, blocked or narrowed tear ducts, eye irritation, an eye infection or an allergy.

**What can your GP do?**
Your GP may refer you to an ophthalmologist (eye surgeon) who will look for blockages in your tear ducts under a local anaesthetic. Fluid may also be injected into your tear duct to see whether it comes out normally.

Your tear ducts can also be tested by placing a drop of special dye in each eye and if there's a significant amount left in your eyes after five minutes, your tear ducts may be blocked. Scans and X-rays will also help locate a blockage.

**What's the treatment?**
Lubricating eye drops will help with dry-eye syndrome. If the cause is an allergy you'll be given medication and surgery may be needed if a tear duct is blocked. You can always choose not to have treatment if your watery eyes don't trouble you.

—Dr Miriam Stoppard, Daily Mirror

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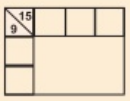
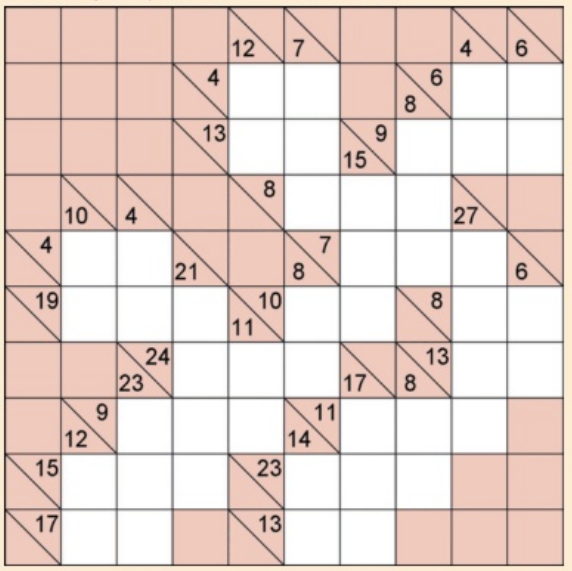
## Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

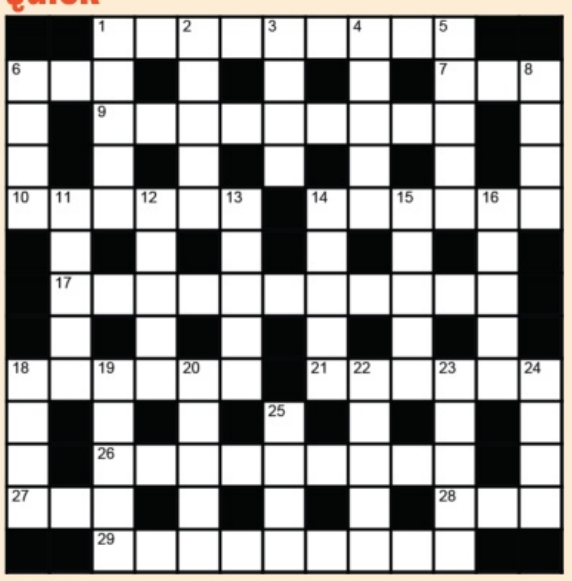



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



## Quick



**ACROSS**

1 Sadness or gloominess? (9)
6 Sugar suffix ? (3)
7 One, as a prefix (3)
9 Cleansing agent (9)
10 Bolts, clasps or padlocks (6)
14 Military command (2,4)
17 Writs of equity or prohibitions (11)
18 Entreat earnestly (6)
21 Stoppage of blood circulation (6)
26 Former Karnataka Chief Minister who went on to become Prime Minister of India (4,5)
27 Closest Point of Approach (3)
28 Charged particle (3)
29 Backer (9)

**DOWN**

1 News sources (5)
2 Readily available (2,3)
3 Concerning, in legal terms–"rein" anagram ? (2,2)
4 Occurrence (5)
5 A precept summarising Vedic teaching (5)
6 Of the ear (4)
8 Small land mass (4)
11 Scots landowner (5)
12 Laila's counterpart (5)
13 Perceive (5)
14 Chips in at stud (5)
15 Deadly African disease (5)
16 Nigri for one, Maki for another (5)
18 Back In Black rockers (4)
19 Biblical traitor (5)
20 Increase in strength or accelerate sharply? (3,2)
22 Namely, that is to say? (2,3)
23 Flight of steps (5)
24 Stretch from side to side (4)
25 Exchange fee (4)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: I EQUALS U**

ZALMLZVRM XH CALV PUI ALYR NRBV CARO PUI'YR NUHV RYRMPVAXOJ PUI ZLO NUHR.

## Linemaro

You are so beautiful that you made me forget my pickup line

## Mindchow

You cannot lose what you have given away

## Joke of the day

You know your kids have grown up when: Your daughter begins to put on lipstick .... or when your son starts to wipe it off

## Loop

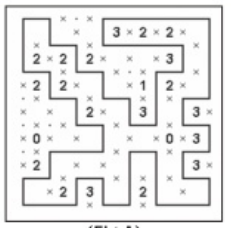
### Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

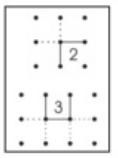
### How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

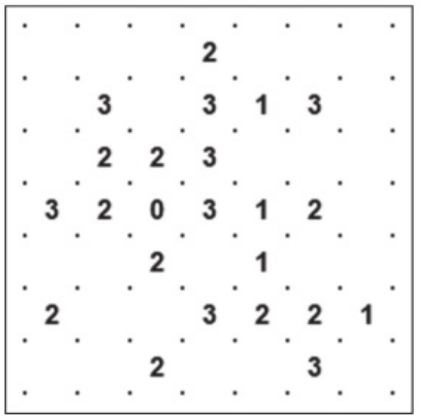
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



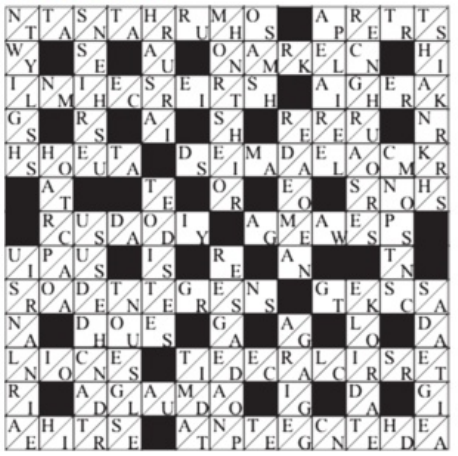
(Fig A)



(Fig B) Not Allowed



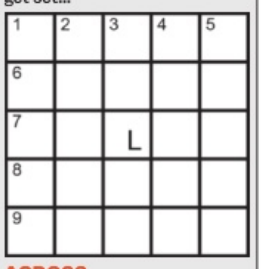
## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...




**ACROSS**

1 Steps; 6 Tiara;
7 Lay is; 8 Aleve;
9 Ruble

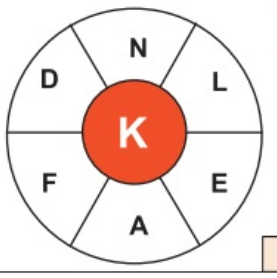
**DOWN**

1 List B; 2 Lease;
3 Pauli; 4 Avert;
5 Years

## Mensapuzzle

Which is the missing segment?

## Bull's eye




How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

11 Average; 13 Good; 15 Outstanding

## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 7 | 5 | 4 | | | | | |
| | | | | 2 | 1 | | | 7 |
| | | 1 | 6 | | | 9 | 3 | |
| | 4 | | | | | 3 | | 1 |
| | 3 | | | 8 | | | 6 | |
| 1 | | 2 | | | | | 5 | |
| | 2 | 9 | | | 7 | 6 | | |
| 4 | | | 2 | 6 | | | | |
| | | | | | 3 | 1 | 9 | |

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

**Easy** = 17
3 4 9 9

**Medium** = 5
2 5 7 8

**Hard** = 10
1 5 9 4

## Hocusfocus

Find at least six differences in details between panels.

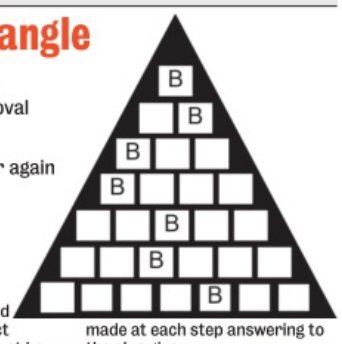
**Differences:** 1. Finger is moved. 2. Music note is reversed. 3. Mouth is different. 4. Back of chair is higher. 5. Hair is different. 6. Collar is smaller.

## Riddler

What is the next number in the series: 6; 51; 456; 4,101, ????

## Alpha triangle

1 Second grade
2 Obstetrics, abbr.
3 Express disapproval
4 Churl
5 Mechanical man
6 Start a computer again
7 Tenth month




Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.


DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

# COMICS

## Redeye by Mel Casson

## Bizarrotrip

BIZARRO.COM
Wayno & Piraro 11-10-22
SWEEPSTAKES, INC.
PAY TO: JACKPOT WINNER
The pen ran out of ink before I could finish my signature.
©2022 BIZARRO STUDIOS Dist. by King Features

## Diamond Lil

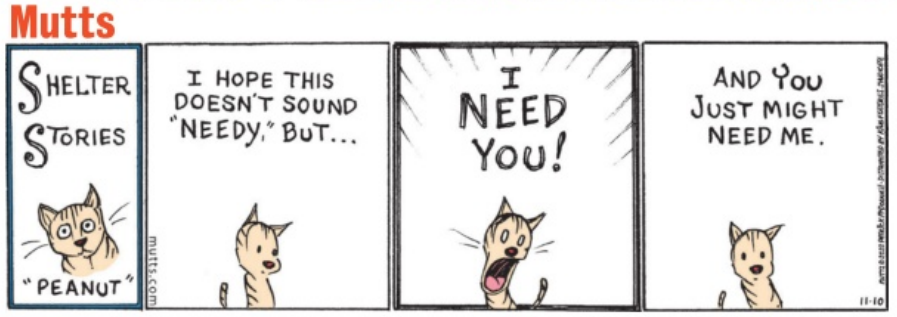
I DONATED THAT NEW DOLL TO THE HOLIDAY TOY DRIVE
WHAT'S IT CALLED?
"PETEY PIMPLE"
YOU WIND HIM UP AND HE RUINS YOUR PROM
©2022 creators.com
www.creators.com

## Hart of the city

WITH HEART REHEARSING FOR THE PLAY AND KAT AND CHARLOTTE WORKING ON THE SET, I NEED SOMETHING TO DO!
WHY DON'T YOU LEARN A NEW SKILL?
I ALREADY HAVE ENOUGH SKILLS.
YOU'RE ONLY ELEVEN! DON'T STOP YOUR GROWTH THERE, DEAN!

## Crankshaft

## Mutts




# WHAT YOUR STARS SAY TODAY

**Aries** Mar 21 – Apr 20
Today, happiness may be around you, it can help you to enjoy your day-to-day work. Your vital power may help you to take difficult decisions, which will increase your profits in the near future. You may plan for a work-related short trip. Subordinates and colleagues may support you to complete your work on time. Students may find more focused in the studies.

**Taurus** Apr 21 – May 20
Today, you may feel dull, sleeplessness may affect your mental and physical health as well. You may also be upset due to health issues of your family member. Your expenditure on worthless stuff may affect your savings. You may be victim of conspiracy so you are advised to keep an eye on your opponents.

**Gemini** May 21 – Jun 21
Today, you may start your day with happiness. At work, you may take quick decisions, which may give benefits in near future. You may expect some new sources of income, which may boost your savings. With the help of your partner, you may invest some amount in the business, which may be profitable in near future.

**Cancer** Jun 22 – July 23
Today, you may be busy at your office due to mental tiredness; you may not be able to give time to your family. With the help of elder's blessings, job seeker may get some high position in the job, managers may get promoted to top management. You may get rewards which may increase your status. Professionally you may do better.

**Leo** Jul 24 – Aug 23
Today you may feel some positive power around you, which shows you the right direction, there may be peace in mind, your performance on every front may be noticeable. Your destiny is with you. You may plan to visit religious place which is far from your area. Your inner sense may ask you to do some charity. You may also hear some good news in terms of a grandchild.

**Virgo** Aug 24 – Sep 23
Today, you may feel alone, you may find yourself in the self-analysis process. You may expect some changes in your place or position. Your patience may be tested many times. you may be arrogant with the people around you; it may affect your personal life. You are advised to avoid adventure tours.

**Libra** Sep 24 – Oct 22
Today, you may feel healthy, your hard work may pay you in terms of gains. The money which was stuck, may be recovered now, it may increase your liquidity in the business. Job-seekers may perform well in the interviews. Students are likely to hear good news in terms of academics. You may bring some creative items at home or in the office to maintain social status.

**Scorpio** Oct 23 – Nov 22
Today, you may perform well in the office. You may expect good terms with the boss. You may get a strong position in the job as well as in the organisation. But it is advised to keep an eye on your opponents and hidden enemies. You are also advised to maintain your routine to avoid lifestyle health issues. Job-seekers are likely to find a suitable job.

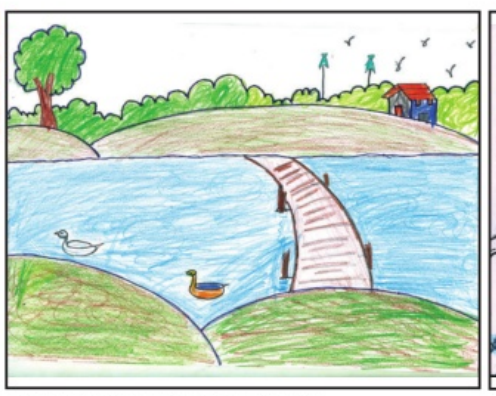
**Sagittarius** Nov 23 – Dec 22
Today, till afternoon you may feel nervous. You are advised to use your intuitions before taking any initiative in terms of business, investments. Lovebirds are advised to avoid to take important decisions in terms of marriage, students should put their extra efforts in their studies. With the help of blessings from elders, afternoon onwards, things may be under control.

**Capricorn** Dec 23 – Jan 20
Today may not be a good day; you may be disappointed. Your focus towards your work may not be good, it may affect your routine work. Your projects may be delayed. It is advised to sustain yourself in the current situation. Investments in the fixed assets shall be postponed for a while. Plan of construction of a house or office should be postponed.

**Aquarius** Jan 21 – Feb 19
Today, you may help the needy, it may increase your social respect.
You may also put your hundred per cent effort in your work; it may complete before time. You may hear some good news from your sibling. Too much work may make you tired, you are advised to avoid stress today, otherwise stress can affect your both professional and personal life.

**Pisces** Feb 20 – Mar 20
Today, good vital energy may make you happy. You have a good focus on your project. Your working efficiency may be praised by your boss. Today you may expect good gain in your business, which may boost your financial health. You are likely to find love today.

## KIDZONE



Dhruva R, 7 years, Little Angles English School

Aarya S Bhat, 5 years, Little Flower Public School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

# SOLUTIONS

**SOLVE IN 1M**
=(2²×3²)/(6×2/1)
=(8×9)/12
=72/12
=6

**RIDDLER**
36,906 ( x9, -3)

**FAST FIVE**

| | | | | |
|---|---|---|---|---|
| S | E | P | T | S |
| T | A | I | R | A |
| I | S | L | A | Y |
| L | E | A | V | E |
| B | L | U | E | R |

**QUOTE UNCODE**
Character is what you have left when you've lost everything you can lose.

**STRIKE OUT**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | A | N | T | R | U | M | S | P | E | R | T | | | |
| W | E | A | O | A | K | E | N | H | | | | | | |
| I | N | H | E | R | I | T | S | A | G | R | A | | | |
| G | R | A | H | E | R | R | N | | | | | | | |
| S | H | U | T | D | E | A | D | L | O | C | K | | | |
| A | R | E | R | E | S | O | S | | | | | | | |
| U | P | S | I | R | A | T | | | | | | | | |
| R | O | E | N | T | G | E | N | T | E | S | S | | | |
| A | D | O | S | A | G | L | E | A | S | T | | | | |
| N | I | C | E | I | D | E | A | L | I | S | T | | | |
| I | A | L | A | M | O | D | O | | | | | | | |
| A | I | R | S | A | N | T | E | C | E | D | E | | | |

**QUICK**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | O | O | D | I | N | E | S | S | | | | | | |
| T | A | N | T | R | U | M | S | P | E | R | T | | | |
| O | S | E | N | N | V | U | N | I | | | | | | |
| C | P | A | U | I | I | O | N | | | | | | | |
| D | E | V | E | G | O | W | D | A | | | | | | |
| C | U | E | A | O | T | P | | | | | | | | |
| A | D | J | U | R | E | S | T | A | S | I | S | | | |
| R | N | S | E | L | H | | | | | | | | | |
| I | N | J | U | N | C | T | I | O | N | S | | | | |
| A | A | E | N | B | U | | | | | | | | | |
| C | L | A | M | P | S | A | T | E | A | S | E | | | |
| I | I | A | E | N | R | L | | | | | | | | |
| T | D | E | T | E | R | G | E | N | T | S | | | | |
| S | U | P | P | O | R | T | E | R | | | | | | |

**MENSA PUZZLE**
C: each segment is a mirror image of the segment opposite, but with black/white reversal.

**BULL'S EYE**
ankle, dank, fake, flaked, flak, flake, FLANKED, kale, knead, flaked, flank, lake, lank, leak, naked

**GO FIGURE**
Easy
3 – 4 + 9 + 9 = 17
Medium
2 – 8 + 7 x 5 = 5
Hard
9 – 4 x 1 + 5 = 10

**ALPHA TRIANGLE**
8, OB, Boo, Boor, Robot, Reboot, October.

**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 7 | 5 | 4 | 9 | 8 | 2 | 1 | 6 |
| 6 | 9 | 4 | 3 | 2 | 1 | 5 | 8 | 7 |
| 2 | 8 | 1 | 6 | 7 | 5 | 9 | 3 | 4 |
| 9 | 4 | 8 | 7 | 5 | 6 | 3 | 2 | 1 |
| 5 | 3 | 7 | 1 | 8 | 2 | 4 | 6 | 9 |
| 1 | 6 | 2 | 9 | 3 | 4 | 7 | 5 | 8 |
| 8 | 2 | 9 | 5 | 1 | 7 | 6 | 4 | 3 |
| 4 | 1 | 3 | 2 | 6 | 9 | 8 | 7 | 5 |
| 7 | 5 | 6 | 8 | 4 | 3 | 1 | 9 | 2 |

**LOOP**

**KAKURO**

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**# How Cate smashes patriarchy**

Cate Blanchett criticised the 'patriarchal pyramid' of Hollywood awards shows as she accepted a best actress gong from the Critics Choice Association in Los Angeles

# ONE FOR THE ALBUM

## A look at mushy moments in the Sidharth-Kiara story

As Sidharth Malhotra turns 38 on Monday, let's look back at some of the cute moments he shared with his rumoured girlfriend Kiara Advani in the last few years.

Sidharth Malhotra and Kiara Advani were first spotted together at the residence of Karan Johar. The two favourites of the director are regular visitors at his place as well as Fashion Designer Manish Malhotra's place.

During the initial days of their rumoured courtship, Sidharth and Kiara did not pose together. But now, they often treat their fans with their airport couplefie.

Reportedly Sidharth and Kiara went to vacations together a few times, though the actors never shared their couple pics on social media. In 2021, Sidharth and Kiara went to the Maldives together, as per various reports that surfaced online. However, Sidharth posted a solo shirtless picture at the backdrop of the sea, whereas Kiara posted her pic in a monokini. Kiara was also spotted spending time with Sidharth's family.

It's only during the promotions of 'Shershah' that the rumoured couple gave a sneak peek of their romance, terming it strictly for the 'sake of the film.' On the 'Koffee with Karan' couch, Kiara called Sidharth, 'more than a friend.' But fans were left guessing...

During Kiara's interaction with director Karan Johar at his show last year, when asked about her marriage plans with her 'Shershah' co-star, she replied, "I do see that in my life. But I'm not revealing that on Koffee with Karan today." The couple was recently seen partying in Dubai along with designer Manish Malhotra and director Karan Johar during the New Year celebrations. According to reports, they are likely to get married this year.

—ANI

# New lead pair?

Sara Ali Khan and Arjun Kapoor have been busy working their way up the success ladder in Bollywood. Reports are now rife that the two actors might come together for a project.

According to a report in a news portal, Arjun is in talks to feature in a film with filmmaker Homi Adajania's next untitled project. While the talks with the actor are still on, reports are now rife that the makers have approached Sara Ali Khan to star opposite Arjun.

If Arjun and Sara both give their approval to feature in the project, this will be the first project where they will be seen sharing the screen space. It would definitely be a treat for their fans if they come together for this project, a report in Bollywood Hungama stated.

On the work front, Sara will next be seen in Laxman Utekar's next with Vicky Kaushal and 'Gaslight' with Vikrant

Massey'. She also has 'Ae Watan Mere Watan' and Jagan Shakti's next in her kitty.

Arjun, on the other hand, was recently seen in 'Kuttey'. He will next be seen in 'The Lady Killer' co-starring Bhumi Pednekar. The actor also has 'Meri Patni Ka Remake' in his pipeline.

—ETimes

# SANDALWOOD SHOTS

Y MAHESWARA REDDY

## A bank job

Sowmya Jaganmurthy, the better half of director-cum-actor Pawan Kumar, will appear in the role of a bank cashier in A Day in Dollars Pete. Prior to this, Sowmya has acted in a few Kannada movies and a Tamil film.

"I am happy to act in this film with such an interesting script. The team of this movie is dedicated and planned the shooting in a way to utilise the call sheet of the actors aptly," said Sowmya.

When asked if she plans to also act in a movie directed by Pawan Kumar, she said it would depend on her husband. "I do not know when he will write a script for me. It will depend on him," she said.

Mohan N Muninarayanappa debuts as a director with this movie. According to Muninarayanappa, the plot of the movie revolves around misappropriation of money deposited in a bank. "I have known Sowmya Jaganmurthy for quite a long time. I selected her for the cashier's role and she has acted well," he said.

## Jungle trek

Vinay, who debuted as a director with Kademane (Last House) four years ago, is making one more attempt to try his luck in Sandalwood. Kademane did not release due to reasons best known to its producer Nandan S, but that has not deterred Vinay.

"My friends joined hands with me to bankroll my second movie Di. Di stands for Divya and Deepak. The movie Di is based on a real life incident that took place in Tamil Nadu a few years ago. It revolves around a cute couple who go on a trek. What happens to them and who enters their life is the story," said Vinay.

Vinay also plays the lead in the film, apart from writing the script and screenplay. Disha Ramesh, who has acted in Devara Nadalli, plays the female lead. This is her third movie. It is said Disha took a break from movies as she wanted to pursue higher studies. Her second movie SLV is scheduled for release shortly.

"I agreed to act in this movie when the director told me that most of its shooting would be held in a forest. Its script is interesting. It is a heart-warming love story that has a lot of twists and turns," said Disha.